

TIPS FOR EQUAL TREATMENT

This poster gives advice and support to create a fair and friendly environment for everyone in the bouldering gym. The situations and tips described here are based on the feedback and the experiences of women and trans, inter, agender and non-binary people, which are shaped by sexism.



YOUR BODY — YOUR BETA

When bouldering, we all find different solutions (betas) to solve the same challenges. Recognizing and appreciating this diversity can help us all.

- ✗ Don't share your beta unless asked, and don't demonstrate it unless you're invited to.
- ✗ Don't call out instructions to someone while they're climbing.
- ✔ Understand that people climb in different ways. An idea could work for someone else, even if it wouldn't work for you.
- ✔ If someone is working on a boulder problem, assume they're enjoying the challenge and want to find their own solution.
- ✔ Wait until you're asked for help or ask if they want to hear your beta before sharing it.



GENDER-NEUTRAL LANGUAGE

When we label boulders, equipment, or exercises by gender, we reinforce stereotypes and impose unnecessary boundaries on ourselves and others. Everyone should have access to all types of challenges, from overhangs to balance moves, from strength training to yoga and stretching.

- ✗ Avoid making gendered comments about boulders or movements (e.g. "girl push-ups").
- ✗ Don't discourage anyone from trying exercises they're interested in based on their gender or appearance.
- ✔ Describe boulders by their features, like whether they're dynamic or static, require strength or flexibility, or might be easier or harder for different body types.
- ✔ Remember that gendered language can be hurtful to people who don't identify as male or female.



BE MINDFUL OF YOUR PRESENCE

Our actions and comments can impact how safe and comfortable others feel. It's important to keep this in mind.

- ✗ Don't stare at anyone.
- ✗ Don't stand too close to strangers or follow them around.
- ✗ Don't look at others in an objectifying or sexualized way.
- ✔ Limit comments on other people's appearance and skill.
- ✔ Before speaking to someone, consider if your words are appropriate and how they might make them feel.
- ✔ If someone seems uncomfortable around you, give them space.
- ✔ Practice empathy and be considerate of others' feelings.



RESPECT SPACE

Whether we climb alone or in groups, and regardless of skill level, everyone should have equal access to the wall.

- ✗ Don't ignore people waiting their turn on a boulder.
- ✗ Don't cross someone else's boulder while they're climbing.
- ✗ Don't stand in the fall zone, even to clean holds.
- ✔ When you're choosing a new boulder, check if someone is already working on it.
- ✔ Ask if it's okay to join them.
- ✔ Check in with others in the training area to see if the equipment you want to use is available.



EXCHANGE AT EYE LEVEL

Advice and tips can be helpful, but unsolicited advice can cross a line and imply that you don't trust others' abilities.

- ✗ Don't give advice unless asked.
- ✗ Don't take it personally if someone declines your advice.
- ✗ Don't try to present yourself as superior to others.
- ✔ Ask if the other person wants advice before offering it.
- ✔ Remember that practicing what you struggle with is part of learning.
- ✔ Respect all skill levels.



FOCUS ON THE SPORT

Many women and queer individuals have had negative experiences with unwanted flirting and harassment in sports settings. This is a systemic issue that needs to be acknowledged and addressed.

- ✗ Don't push past others' boundaries.
- ✗ Don't assume everyone in the climbing gym wants to flirt with you or would appreciate being flirted with.
- ✔ Look out for any signs of a "no," whether spoken or nonverbal, and respect it.
- ✔ Remember that flirting can make others uncomfortable, even if you mean no harm.
- ✔ Adopt a neutral, non-sexual perspective towards bodies in sports.

Do you want to help create a more welcoming atmosphere for everyone at the bouldering gym? Great, then this poster is for you!

This poster is based on experiences and feedback shared with the FLINTA* team at the Kosmos bouldering gym via a community survey.

Sexism is a form of discrimination that involves treating someone unfairly, devaluing, harming, or oppressing them because of their gender. Sexist views ignore the individuality of each person.

FLINTA* is a German abbreviation that stands for women, lesbians, intersex, non-binary, trans and agender people. The asterisk represents other identities that don't fall under these exact labels, but face similar issues.